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Heart Disease: What Every Woman Should Know

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Heart Disease --

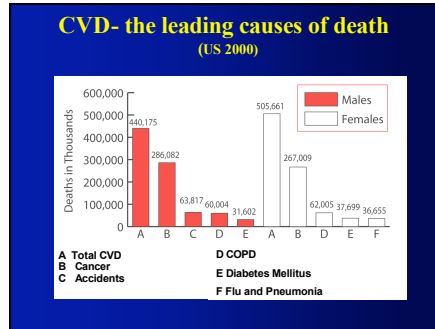
The #1 Killer of American Women

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Facts that must be faced --

- ♥Heart disease kills 10 times more American women than breast cancer
- ♥500,000/yr versus 40,000/yr
- ♥More women than men !

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Freightening Statistics

- Two out of three women will develop heart disease
- Almost 1 in 3 women will die of heart, stroke or blood vessel disease every year
- After age 40, heart disease is the leading cause of death for women
- African - American women face a greater threat than women from other ethnicities

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Frightening Statistics

- 38% of women who have a heart attack die within a year, compared to 25% of men
- 62% of deaths from heart failure occur in women
- Some diagnostic tests and procedures may be less accurate in women, and symptoms may be more difficult to recognize

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The Great Paradox

Less than 20% of women consider heart disease their greatest health risk

Few health care professionals appreciate risk for women

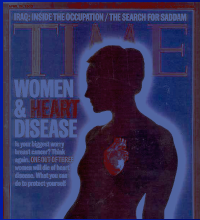
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There's a wide gap between
what really threatens women

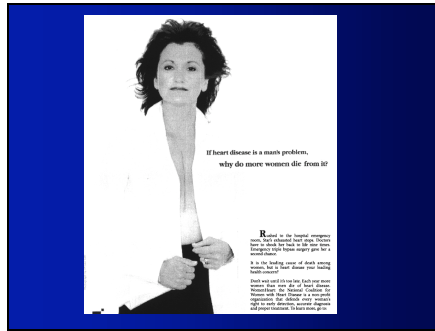
And what women fear

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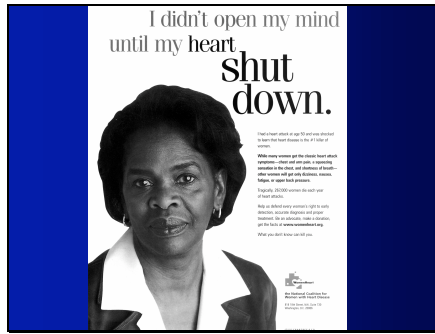
Heart Disease ... no longer the
silent epidemic for women



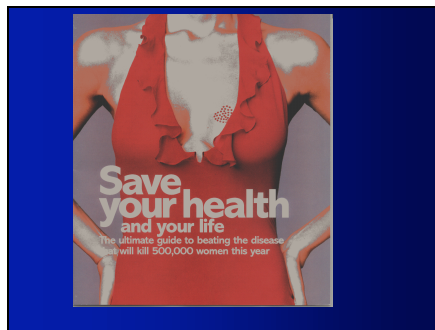
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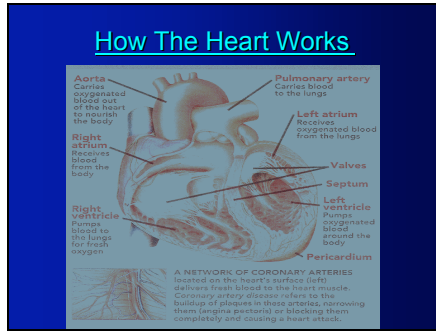
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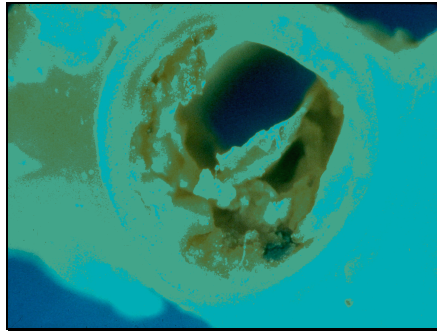
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Symptoms for Women --

Would you recognize them?

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Symptoms of heart attack may present differently in women

- Experience pain/discomfort/ache in chest, upper back, jaw, shoulders
- Feel breathless, with/without chest pain
- Nausea, clamminess, cold sweats
- Unexplained fatigue, dizziness, weakness
- Feeling of anxiety or impending doom
 - more subtle, less typical in women --
 - 30% of heart attacks in women are silent --

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What to do if you experience symptoms?

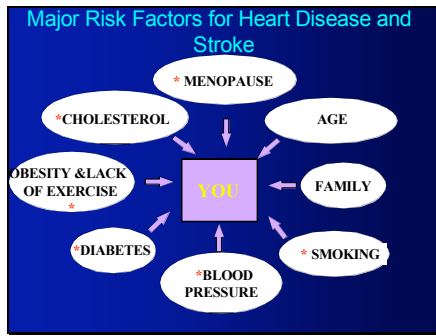
- ✦ Call your doctor
- ✦ 911 or
- ✦ Go to the emergency room

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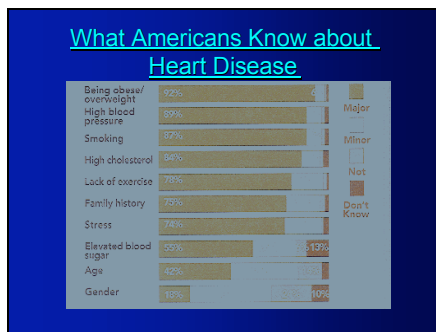
Are you at risk?

Every woman is at risk

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Your risk also increases if you:

- Don't see your doctor regularly
- Don't care for your own needs the way you do for others
- Think you're immune from heart disease - it is a 'man's disease'
- Have the 'metabolic syndrome': diabetes, high cholesterol/blood pressure, & obesity
- Are depressed, socially isolated, angry/hostile

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Cardiovascular Disease is Mostly Preventable

Know Your Risk Factors

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What can you do to reduce your risk ?

Take care of your heart



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Ways to Lower Your Risk for Heart Disease

- Attend to your own health needs
- See your doctor regularly & take your medicines
- Know the early warning signs and symptoms
- Practice a "heart healthy lifestyle" - easier said than done ...
 - Adopt a healthier **diet**
 - Loose **weight**
 - Quit **smoking**
 - **Exercise** for 150 minutes a week

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More Ways to Lower Your Risk -know your numbers -

- Know your **blood sugar** and keep it low:
 - blood sugar ≤ 110 is normal
 - blood sugar ≥ 126 is diabetes


Diabetes is a heart disease risk equivalent !!

- Know your **blood pressure** and keep it low:
 - Desirable $\leq 120/80$
 - Normal $\leq 130/85$
 - High $\geq 140/90$

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More To Do's...

- Know your **cholesterol** and keep the numbers low:
 - TC ≤ 200
 - LDL ≤ 130 (≤ 100 if heart disease or diabetes)
 - TG ≤ 150
 - The exception, HDL ≥ 45
- Keep you **waist** less than 35 inches
- Watch your **shape**



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<u>New Heart Disease Prevention Guidelines for Women (2/04)</u>		
<u>All Women</u>	<u>High Risk Women</u>	<u>Not Recommended</u>
✦ Therapeutic Life Changes <ul style="list-style-type: none">- Exercise- Diet- Weight	✦ Aspirin	✦ Hormone therapy
✦ Folate	✦ ACE inhibitors	✦ Antioxidant vitamin supplements
✦ Omega -3	✦ Beta blockers	
✦ No smoking	✦ Statins	

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Remember...

Information alone is not a substitute for medical care or a happy healthier heart -- Action is

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What else can you do?

“Be the change you want to see ”

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Ways to become involved:

- ✦ Support the American Heart Association Go Red For Women Campaign - wear the red dress pin
- ✦ Support the Heart Truth Campaign
- ✦ Support Centers of Excellence in Women's Health, and Heart Disease Programs for Women
- ✦ Spread the word and educate others
- ✦ Participate in research studies

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Preventing Heart Disease

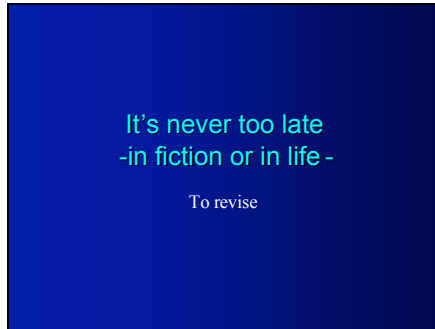
- Awareness
- Education
- Risk factor modification
- Symptom recognition
- Prompt diagnosis and treatment

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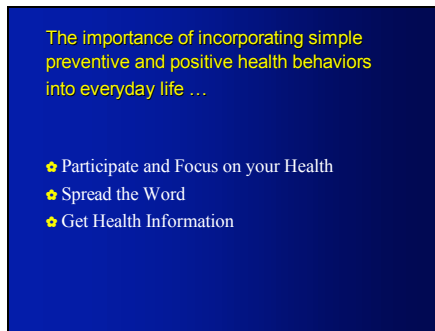
Sources of information

- ✦ *The American Heart Association*
women.americanheart.org
- ✦ *The National Coalition for Women with Heart Disease*
www.womenheart.org
- ✦ *The Society for Women's Health Research*
www.womens-health.org

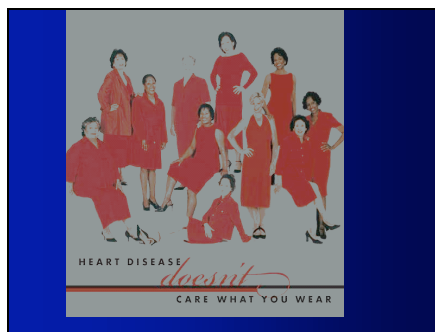
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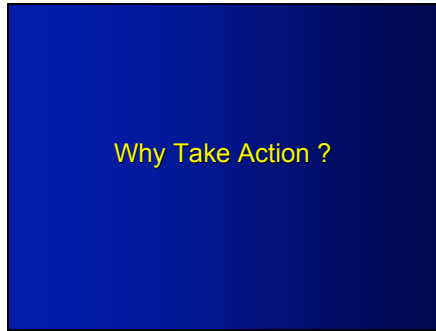
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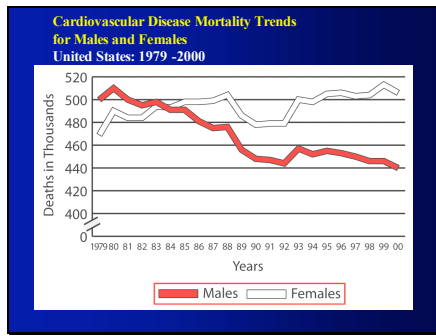
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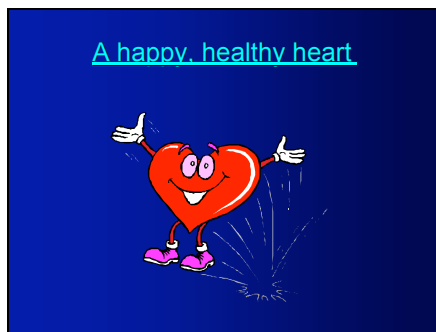
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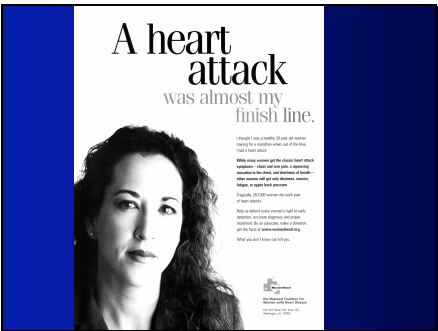
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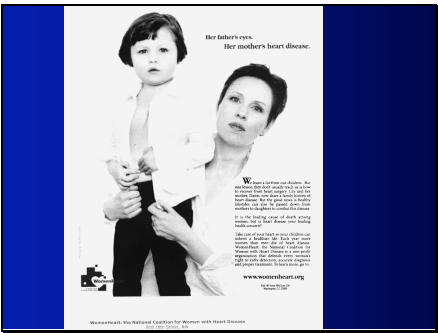
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